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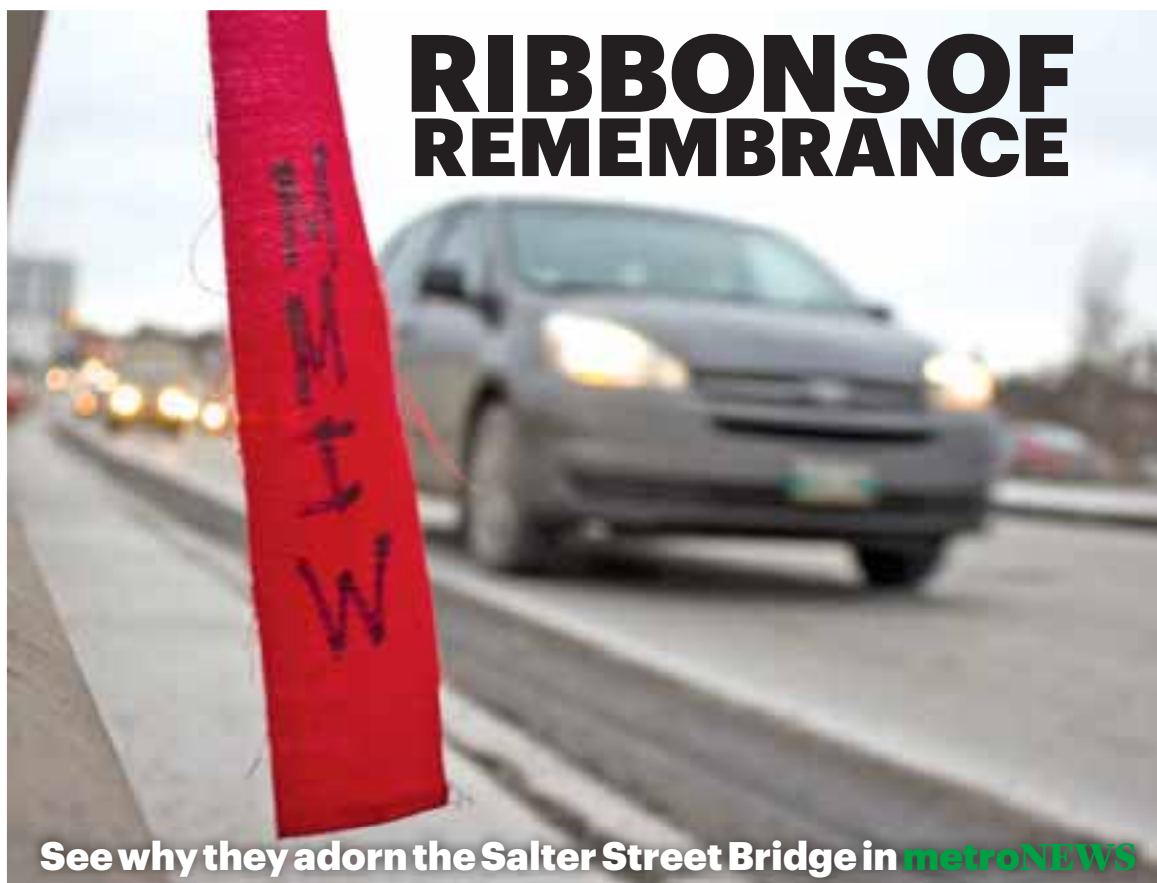


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## RIBBONS OF REMEMBRANCE



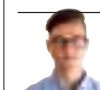
See why they adorn the Salter Street Bridge in metroNEWS

EVAN MATTHEWS/FOR METRO

## Big promises, little details

STATE OF THE PROVINCE

### Premier Greg Selinger into election mode



Braeden  
Jones  
Metro | Winnipeg

Premier Greg Selinger was big on promises but short on details in a state of the province address Tuesday.

Selinger, who spoke to about 1,000 attendees at a Winnipeg Chamber of Commerce luncheon that the NDP "has the best plan for the future of the province," and called it "an open-ended plan that allows for the input of all of the people in Manitoba."

The speech, which was meant to lay out his vision in advance of the April 19 election, highlighted a few pieces of what he called "low-hanging fruit" that would be on his to-do list, including

the relocation of Winnipeg's rail operations.

"(Centreport) gives us the opportunity to do these game-changing things for the city," he said, noting his plan would include investments in "modern multi-modal facilities" to bring together trucking, air-shipping and rail transport.

"We will build a modern rail park there," he said. "When we bring those assets together, we will reinvent Winnipeg and Manitoba as a distribution hub for the entire continent."

Selinger also promised to bring more refugees and newcomers to the city and "help them connect to opportunities" and careers through a "connector program" the NDP would develop along with Economic Development Winnipeg.

Selinger provided few details afterward.

"Stay tuned," he told reporters.



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# Advocate can now review Fontaine case: Minister

## INVESTIGATION

### Man charged with murder waived court appearance

Manitoba's family services minister says the children's advocate is now free to investigate whether the child-welfare system failed a Manitoba teen whose body was found in the Red River.

Kerri Irvin-Ross said the arrest of a suspect in Tina Fontaine's killing means the advocate can move forward with her review, which could be made public if new legislation is in place by then.

The report should be able to answer "what did the system do or not do to support Tina," Irvin-Ross said Tuesday.

"If the children's advocate perceives that this is a document that she wants to share, she will be able to share it," Irvin-Ross said.

"It will answer many questions that Manitobans have had."

Children's advocate Darlene MacDonald was unavailable for comment, but spokeswoman Ainsley Krone said MacDonald will meet with police soon to discuss when she can move forward.

"We want to ensure we are not interfering in any way with any criminal proceedings as we



Tina Fontaine died in 2014. Her body was pulled from the river. INSET: Raymond Cormier HANDOUTS



conclude our review," Krone said.

Raymond Cormier, 53, was arrested last week and charged with second-degree murder in Tina's death.

Her body was found wrapped in a bag in the Red River on Aug. 17, 2014.

Cormier waived a court appearance Tuesday and the case was put over to Jan. 8.

His lawyer, Pam Smith, said

83%

The percentage of missing person reports that involve children in government care

her client will fight the charges.

Tina had only been in Win-

nipeg a couple of weeks after leaving her great-aunt's home on the Sagkeeng First Nation, about 70 kilometres northeast of Winnipeg.

She was in the care of Child and Family Services, but police said Tina became an exploited youth in the Manitoba capital. They say she met Cormier at a residence they both frequented.

Court documents allege

Tina was killed around Aug. 10, 2014 — 10 days after she was first reported missing from foster care.

Police picked her up two days before it's believed she was killed, but did not take her into custody.

Tina's family has said she was found a few hours later, passed out in a downtown alley, and taken to hospital.

She was picked up by social workers and placed in a downtown hotel, but ran away again shortly before she was killed.

Irvin-Ross said the office of the children's advocate automatically investigates when a child dies in care, but the Fontaine investigation was on hold while police searched for a suspect.

The province did its own internal review and has made changes since then, she said.

It has ended the practice of housing children in hotels, expanded facilities available for high-risk girls and supported an indigenous-led prevention program on Fontaine's reserve.

"We started our work immediately of what can we do to better support children within our system," Irvin-Ross said.

Critics say much more must be done. Ian Wishart, a Progressive Conservative legislature member, pointed to a recent Winnipeg police report which found 83 per cent of 550 missing persons reports officers dealt with involved kids in government care. THE CANADIAN PRESS

## HOSPITAL

### Security employees reach deal

A tentative contract deal has been reached for security staff at Winnipeg's Health Sciences Centre. The agreement between the Manitoba Government and General Employees' Union and the Winnipeg Regional Health Authority still needs to be ratified.

66

People that came into work there didn't stay very long ...

Michelle Gawronsky

Union president Michelle Gawronsky says security employees are to vote on the proposal Tuesday and Wednesday. She says it will be back to the bargaining table if the deal isn't approved.

A strike date has been set for Dec. 22. Security staff at the hospital have gone without a new contract for roughly 3 1/2 years.

Gawronsky says their biggest concern is retention.

"The danger and the situations that they find they are in protecting staff, visitors and patients puts them ... in very high-risk situations and unfortunately their wages didn't reflect that," she said Monday. "People that came into work there didn't stay very long and used it as a stepping stone to get into the RCMP (or) city police. Or once they realized the danger they would have to put themselves in to continue with employment, they just left and found other jobs."

THE CANADIAN PRESS



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Originally built in 1882, Marymound's 'Leacock Estate,' named after its original owner Edward Philip Leacock, will be repurposed in 2016 and is set to re-open in 2017. CONTRIBUTED/METRO FILE PHOTO



**Most of the time, there are no placements for these youth, or no places for them to go.**

Clinical director Analyn Einarson

#### WORKPLACE INJURIES

## Education results in safe work: Province

The Manitoba government is aiming to reduce the number of workplace injuries to youth.

Last year there were 4,800 injuries to people between the ages of 15 and 24, according to Manitoba's Minister of Labour and Immigration, Erna Braun.

"We have lost 17 young lives to workplace incidents over the last decade," said Braun.

"The Young Worker Injury Prevention Strategy is a targeted approach to help prevent these tragedies and demonstrates that as Manitobans, we can all do more to help keep young workers safe."

The new strategy centres around educating those who have most influence with young people: Employers, educators, families and young people themselves.

Peter Reimer, executive director of SAFE Workers of Tomorrow said his organization is an example, as they helped develop the strategy and share the vision of a Manitoba safe for young workers.

"Last year, we delivered safety presentations to over 44,000 high school students I Manitoba," said Reimer.

The strategy will be implemented over the next three years. METRO



**Every high school student in Manitoba should hear about the importance of safe work.**

Peter Reimer

# 'One step' for mental health

#### SOCIAL SERVICES

## Marymound fundraiser to support youth needs centre



**Braeden Jones**  
Metro | Edmonton

Marymound, a social service provider for at-risk girls, launched a fundraising campaign Tuesday that will support a first-of-its-kind "mental health and complex needs centre" in Manitoba.

The capital campaign is to raise \$5 million for the renovations of a heritage estate at 442 Scotia Street, which will accommodate Marymound youth already receiving care as they transition back into the community.

Clinical director Analyn Einarson said the new facility will be "a mental health and complex needs centre specifically for these young girls."

The home will cater to and be tailored towards the treatment of teenage girls who are recovering from past trauma and need extra guidance to avoid high-risk behaviours.

"The value of that is that most of the time, there are no placements for these youth, or no places for them to go," Einarson said.

#### + RENOVATION

The renovation costs are \$5 million, but Marymound is trying to raise \$9 million total; seeking enough to put \$500,000 into the Marymound opportunities fund, \$1 million into the Indigenous Culture Fund along with \$2.5 million for operating costs which is covered by the provincial department of child and family services.

Michael Richardson, a senior manager at Marymound, said "this is the first opportunity in Manitoba

to service that population."

"It's progressive, (and) it's something we are doing to prevent some of the sad stories we've seen in the media in recent years," Richardson said. "It's one step towards that."

He explained that it's the second piece of a three-phase "wrap-around program" approach Marymound has planned.

"The first part is the assessment and stabilization ... the second part is helping kids transition back into the community or back into family life, and the third piece is (continuing remotely) with the clinical pieces they had over the first two parts," he said.

Mardy Yager, manager of fund development, said Marymound quietly started working on the campaign about a year ago, and a \$500,000 donation from the Winnipeg Foundation along with a few others has raised almost the full amount needed for restoration.

Attendees of the Winnipeg Chamber of Commerce luncheon, where the announcement was made, were given donor cards with diamond-shaped fabric that, once returned to Marymound with a donation, will be stitched into a blanket to be hung in the new home.

Work will begin on the estate in 2016 and it should reopen in spring 2017.

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Installing bicycle lanes while road works are taking place makes financial sense, says Coun. Jenny Gerbasi. METRO FILE

# Bike lanes to expand

## INFRASTRUCTURE

### More buffered routes to line Pembina Highway



Stephanie Taylor  
Metro | Winnipeg

Cyclists should be pleased to know Winnipeg is moving ahead with its expansion of the city's protected bike lane network down Pembina Highway.

The city is eyeing both the highway's north and south-bound lanes from Grant Avenue to near Osborne Street as future home of the new buffered lanes, according to a recent bid posted to the city's website.

Installation of the new infrastructure is being rolled into an estimated \$11.7 million worth of road construction and rehabilitation scheduled for the area over 2016 and 2017.

The city saw its first set of protected lanes open along that stretch of highway back in 2013 in front of the Canad Inns near Bishop Granin between Chevrier Boulevard and Plaza Drive.

More buffered lanes were installed the following year

from University Crescent to Markham Road in conjunction with ongoing road work — co-ordination that amounts to big savings when it comes to building bike infrastructure, argues one councillor.

"We've already got the roads being torn up for road work, so that's the time you want to put in the cycling infrastructure ... so you're not wasting resources," Jenny Gerbasi said Tuesday. "It makes a lot of sense because you're not ripping up the road twice or disrupting traffic."

Both she and Bike Winnipeg executive director Mark Cohoe point to the increase in accessibility the city's buffered bike lanes have created, particularly for those who do not fit the "middle-aged-man-in-the-lycra" commuter stereotype, Cohoe explained.

"If you're mixed in with the traffic with just the painted lines, many, many people are not going to make that choice to get on that bicycle. They're not going to feel safe," Gerbasi said.

She also said the current plans to redevelop the Jubilee Underpass for the southwest expansion of Winnipeg Transit's rapid transit line will be an important opportunity for building the city's bike network.

## BUS RAPID TRANSIT

# Anticipated expropriation prompts extension request

A developer hoping to build a new commercial hub on Taylor Avenue is requesting a nine-month extension in order to finalize plans to prepare for possible land expropriation for the next phase of construction for Winnipeg's bus rapid transit line.

In a written request submitted to Tuesday's city centre community committee meet-

ing, a legal representative for the real-estate company Shindico asked for more time to register what's known as the Taylor lands with the Winnipeg Land Titles office.

## Contents of letter

Granting the extension would allow for "the amendment of the subdivision plans to reflect the takings contemplat-

ed by the BRT expropriation, and to finalize the consents required from interest holders on such amended plans," the letter reads.

According to a recent administrative report, council approved a bylaw last March to allow for land expropriation to construct the southwest rapid transit bus corridor.

STEPHANIE TAYLOR/METRO

## CONCERT

### Headstones head to Burt

Canadian punk-rock band Headstones will play the Burton Cummings Theatre on Jan. 22.

The gig is in support of the band's most recent release, *Love + Fury*, a 2014 JUNO Awards nomination for Best Rock Album of the year.

Tickets, starting at \$27.50 plus fees, go on sale Friday at 10 a.m. via Ticketmaster. METRO

## Manitoba Hydro – your energy expert



## Home humidity is a balancing act...

Controlling humidity in your home in winter can be a real balancing act. The ideal relative humidity for occupants, wood floors and furniture is 40-50 per cent. However, when temperatures dip below -20 C, even the best, modern windows can experience condensation and icing at humidity levels above 30 per cent. If your blinds or curtains are closed, condensation can occur at even lower humidity levels.

For a healthier home environment in Manitoba, it's necessary to manage your home humidity levels within the lower range of 20-35 per cent during the coldest winter weather. The level you are able to maintain will depend on the quality of windows, insulation and air leakage rates in the home. Ventilation also plays an important role.

Whether your home is too humid or too dry, consider the following information.

### To reduce humidity:

- turn humidifiers down or off
- don't hang wet clothes indoors to dry
- always vent the clothes dryer to the outdoors
- run the exhaust fan while in the shower or bath and run it for an extra 10-15 minutes afterwards. Better yet, install a timer switch to do this automatically
- exhaust fans should vent to the outdoors (make sure the vent hood is not blocked)
- if you don't have exhaust fans, consider installing them or a heat recovery ventilator (HRV).

### To raise the humidity:

- seal and weather-strip your home to reduce air leakage. Cold, dry air from outdoors soaks up humidity. Reducing drafts also improves comfort, lowers your heating bills and may even reduce or eliminate the need for a humidifier
- don't over-ventilate. Operating an exhaust fan or HRV more than necessary can dry out your home and increase your energy costs
- use a portable humidifier or furnace humidifier (on a forced-air heating system) **only** after all sealing and weather stripping attempts have been made.

To help you achieve the right level of humidity in your home, visit [www.hydro.mb.ca/your\\_home/resources](http://www.hydro.mb.ca/your_home/resources) for copies of our Power Smart® Guides 1, 2, 5, and 8.

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## POLICE

### Check stops pull a dozen impaired drivers off roads

Winnipeg police have ramped up their check stops for the festive season again this year.

From Dec. 1-10, police pulled over 882 vehicles, and administered 58 roadside breath tests. Those

tests or refusals to take them found 12 impaired drivers, an increase over six last December.

There have also been a few more warnings resulting in 72-hour licence suspensions; nine this year up from six last year.

METRO

# Families look to missing women inquiry for hope

## INDIGENOUS AFFAIRS

### Sister hopes relatives' voices will be heard

For years, Bernadette Smith says, she felt like she was waging a battle on her own.

When her sister, Claudette Osborne, disappeared in 2008, Smith held vigils with a handful of people who knew her pain, put up "missing" posters with family members and, more recently, organized a group to drag Winnipeg's Red River for clues about the fate of missing and murdered indigenous women.

"I remember feeling so angry and crying and going: 'Where is everybody? Why doesn't our community care about our women?'" Smith recalls.

Osborne's four children and Smith still don't have the answers they are looking for, but the search has become a little less lonely.

And when an inquiry into missing and murdered indigenous women gets underway, as early as the summer, Smith and other families hope their voices will be heard.

"It's the families that are living this every day and breathing this," Smith says. "They're the ones who know what could have prevented what's happened to their loved ones."

The RCMP issued a landmark report last year which put the total of missing and murdered aboriginal women at 1,181. Indigenous women make up 4.3 per cent of the Canadian population, but the report found they account for 16 per cent



A tear rolls down the cheek of Bernadette Smith as she talks about the Missing and Murdered Indigenous Women inquiry Tuesday on Parliament Hill in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

of female homicides and 11.3 per cent of missing women.

For years, the families whose loved ones are part of those statistics called for an inquiry, but the previous Conservative government steadfastly refused.

The Liberals came to power in October and last week new Indigenous Affairs Minister Carolyn Bennett announced an inquiry the shape and scope of which is to be determined in the next few months. It will rely heavily on input from families, she said.

Many are asking for the power to formally advise the inquiry. They want to ensure



**It's the families that are living this every day and breathing this. They're the ones who know what could have prevented what's happened.** Bernadette Smith

financial assistance for those who want to participate, as well as guarantee culturally appropriate support services.

"It's a lot different than any other kind of commission or inquiry," says Beverley Jacobs, lead researcher on Amnesty International's report on missing and murdered indigenous women. "It's very spiritual and

emotional ... We're not talking about a pipeline."

Jacobs, who is a former president of the Native Women's Association of Canada, has a personal interest in the upcoming inquiry.

An inquiry has to have built-in ceremonies take into account that a dead woman's spirit is disrupted every time her

name is mentioned, she said.

"They're resting (and) we're bringing up some of the horrific issues that they had to endure. They're very close by. Having that ceremony, feasts and elder involvement has to be an integral part of the inquiry process."

The inquiry should also learn from the Truth and Reconciliation Commission by travelling to often-remote communities to better understand the victims, she suggests.

Grand Chief Sheila North Wilson, who represents northern Manitoba First Nations, says the process must be shaped by those who have fought so long for the issue to be recognized.

Families who have held vigils to bring attention to the disappearance of indigenous women are the reason why an inquiry has been called, she says. The inquiry should not only honour them, but listen to them carefully.

"It would give us all the lay of the land — how police react to them, how they have to do ... the searches themselves," says North Wilson, head of Manitoba Keewatinow Ojibwanak. "They know what it feels like to be patronized."

For Smith, the inquiry wasn't something she lobbied for.

A government committed to reducing violence against indigenous women could use the estimated \$40 million the inquiry will cost on programs addressing the root causes highlighted by previous studies, she says.

But now that an inquiry is coming, she wants to be part of it.

"We've waited this long."

THE CANADIAN PRESS

## MMIW

### Activists bridging the gap

Evan Matthews

For Metro | Winnipeg

Red ribbons adorning a North End bridge have been hung to honour women who have gone missing or been murdered.

Earlier this week, activist Althea Guiboche and a group of women from Opaskwayak Cree Nation tied red ribbons along the Salter Street Bridge in honour of Missing and Murdered Indigenous Women (MMIW).

The group has since invited Winnipeggers from all over to join their cause to line as many Winnipeg bridges as possible.

"We did the Salter Street Bridge, but we need more cloth donations and volunteers... Or people can do this in their own neighbourhood," the Red Cloth Memorial Facebook page reads.

With that thought in mind, Deborah Lawrence, a West Broadway resident, is challenging her community to join Guiboche in the awareness campaign.

Lawrence said she's working to organize an event in the community this weekend.

"Ideally I'd like to see my whole community come out, and show this country that we won't sit idly by while our (women) disappear," Lawrence said, while adding she would help volunteers get the cloth ribbons ready.

Lawrence spoke of her own experience growing up, and said MMIW is a topic close to her heart: "This is not just an indigenous issue. These people are human beings, our family," she said.

Lawrence said the bridges are a good symbol for the campaign, as they literally bridge gaps metaphorically and physically.

There is currently about 1,200 MMIW. People interested in aiding Guiboche and Lawrence are encouraged to find the Red Cloth Memorial Facebook page.

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## TRUTH AND RECONCILIATION

# Apology is still timely: Trudeau

Prime Minister Justin Trudeau said the reconciliation needed as part of dealing with the tragedy of residential schools is an issue that all of Canada needs to work on together.

"Our goal, as we move forward together, is clear: it is to lift this burden from your shoulders, from those of your families and communities. It is to accept fully our responsibilities — and our failings, as a government and a nation," Trudeau said Tuesday in Ottawa as the Truth and Reconciliation Commission presented its final report to the federal government and church leaders who were parties to the residential schools settlement agreement.

Trudeau said that seven years after former prime minister Stephen Harper made his historic apology to the survivors of Indian residential schools and their families, the words of the apology remain true and timely, and so does the request for forgiveness.

"At the same time, there is reason for hope. Today, we find ourselves on a new path, working together toward a nation-to-nation relationship based



Trudeau with commissioners Marie Wilson, Chief Wilton Littlechild and Justice Murray Sinclair. THE CANADIAN PRESS

on recognition, rights, respect, co-operation and partnership," said Trudeau, according to an advance copy of his prepared remarks.

The 3,231-page final report follows the executive summary released in June that included 94 recommendations, or "calls to action" to address the dark history and continuing legacy of Canadian residential schools that saw 150,000 First Nations, Metis and Inuit children come through their doors for more than a century.

TORSTAR NEWS SERVICE

# Schools fall short on sex assault reporting

## metr EXCLUSIVE Co-ordination, improved data needed to combat issue



A lack of co-ordination between Canadian colleges and universities has resulted in a "patchwork of services" to prevent and respond to campus sexual assaults, says a newly released document.

A federal briefing note also reveals wide gaps in campus assault data, and suggests the government may need to consider taking an American-style approach when it comes to reporting cases of sexual violence.

Status of Women Canada prepared a briefing note for then-minister Kellie Leitch in March after some high-profile incidents brought attention to the issue of sexual violence against women on campuses.

Metro obtained the document under the Access to Information Act.

**\$41M**  
Cost of Ontario's sexual assault plan

One of the alleged incidents involved members of the University of Ottawa men's hockey team, which resulted in the program's suspension and two players being charged. One of the alleged incidents involved members of the University of Ottawa men's hockey team, which resulted in the program's suspension and two players being charged. Another incident involved Dalhousie dentistry students who posted misogynistic comments about their female classmates in a private Facebook group — also revealing sexism is deeply-rooted in the faculty.

The note spells out some of the actions being taken across Canada, including public awareness campaigns and new policies. Status of Women Canada has funded dozens of initiatives on campuses across the country.

But it also says more co-ordination and better data are needed to get a better handle on the problem.

"There does not appear to be an overall co-ordinated focus of sexual violence prevention and response efforts, resulting in a patchwork of services on campuses across Canada," the document says.

The note also said there's a lack of comparable data about incidents of sexual violence on campuses, meaning the government may need to examine a legislative approach such as the Clery Act in the U.S.

"More could be done to encourage universities and colleges to develop a common reporting



The Minto Sports Complex, home of UOttawa men's hockey team. An alleged incident involving members of the hockey team was mentioned in the document. THE CANADIAN PRESS FILE

framework as well as improve transparency in tracking and reporting incidents," the note says.

Several provinces have developed or are developing sexual violence policies.

Ontario's \$41-million sexual assault action plan, for example, includes a requirement for colleges and universities to adopt a sexual assault policy and publicly report rates of sexual violence.

The note recommended three actions for Leitch, including hosting a roundtable on the subject and writing to 80 university presidents to encourage them to address the issue on their own

campuses, and the need for a common framework for collecting and reporting data. The briefing note indicates she accepted all the recommendations.

It's unclear, however, whether the roundtable ever occurred.

"It would not be appropriate for the current government to comment on previous government's commitments," department spokeswoman Audrey Jacques said in an email.

She said Patty Hajdu, the newly appointed status of women minister, will take a "close look" at the issue of violence.

## TAXES

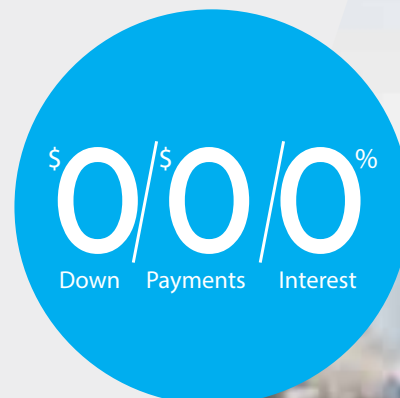
### GST not changing: Morneau

The federal finance minister is seeking to clarify the government's position on the GST. Bill Morneau was asked whether he has considered raising the goods and services tax as a way to generate more government revenue.

"I'm not at this stage considering any tax issues that haven't been already put in our campaign platform."

Later, Morneau tweeted: "Contrary to misleading headlines, we are not considering changes to the GST." THE CANADIAN PRESS

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# Ben Carson calls for extra troops at Canadian border

## UNITED STATES

### Proposal does not explain why more security is needed

Republican presidential candidate Ben Carson is calling for the U.S. to deploy soldiers to parts of the Canadian border.

Carson, who is fading quickly in the polls, made the proposal as part of the "Seven Steps to a Safer America" anti-terrorism plan he issued on Tuesday.

The sixth step: "President Barack Obama and Congress should immediately deploy the National Guard and military troops to patrol the U.S. southern border as well as designated spots along the northern border."

He did not identify the spots or say why he believes current security measures



Republican Presidential candidate Dr. Ben Carson speaks. THE ASSOCIATED PRESS/THE CANADIAN PRESS

along the Canadian border are inadequate.

Canadian diplomats spent years after the 9/11 attacks of 2001 attempting to combat the widespread myth that some of the hijackers crossed into the U.S. from Canada.

Carson is the second Republican candidate to suggest new defensive measures up north. Wisconsin Gov. Scott Walker, now out of the race, was widely ridiculed for mus- ing about the possibility of a wall along the Canadian

border.

Carson has been plagued by a perception that he is unschooled on foreign policy.

He has lost nearly half of his national support in the month since the Islamic State of Iraq and the Levant ter-

## + GOP DEBATE

### Chairman slams Hilary to start off Republican debate

"This is a unifying message ... I think you can agree with me, that every single one of the candidates on this stage would be world better than Hillary Clinton." National GOP Chairman Reince Priebus said. The crowd at the Venetian applauded.

THE ASSOCIATED PRESS

rorist attack on Paris, and he now sits in fourth place behind businessman Donald Trump, Texas Sen. Ted Cruz and Florida Sen. Marco Rubio.

His security plan includes a formal declaration of war against ISIL, the formation of a stronger coalition to fight the extremist group, and the creation of a "refugee safe zone" in northeast Syria. Carson does not want the U.S. to accept refugees.

TORSTAR NEWS SERVICE

## TERROR THREAT

### Hoax in U.S. shuts schools

The nation's two biggest school systems — New York City and Los Angeles — received threats of a large-scale attack Tuesday, and L.A. reacted by shutting down the entire district. New York dismissed the warning as an amateurish hoax and held class as usual.

In L.A., the threat came in the form of an email to a school board member that raised fears of another attack like the recent deadly shooting in nearby San Bernardino.

Authorities in New York reported receiving the same "generic" email that was sent to other cities around the country. They decided there was no danger to schoolchildren, with Mayor Bill de Blasio concluding the threat contained "nothing credible."

"It was so outlandish," he said.

The shutdown abruptly closed more than 900 public schools and 187 charter schools attended by 640,000 students across Los Angeles.

THE ASSOCIATED PRESS

## RESEARCH

### Trudeau could be last leader to go grey: Expert



U.S. President Barack Obama, right, and Prime Minister Justin Trudeau look dapper at the Asia-Pacific Economic Cooperation summit. THE ASSOCIATED PRESS FILE

Leading a country comes with extraordinary privileges but also, apparently, a price: new research suggests that heads of state age faster than normal and that the stress of the job may shave almost three years off their life expectancy.

Doctors analyzed how long presidents and prime ministers in 17 countries - including Britain, Canada, France, Germany and the U.S. - survived after leaving office, compared to the losing candidates. They also observed the number of

years that heads of state lived versus what was expected for someone of the same age and gender.

After considering the fates of 279 heads of state and 261 runner-ups, they concluded former leaders lived for almost three fewer years than expected.

"To lose a few years is significant," said Dr. Anupam Jena of Harvard Medical School, the study's senior author.

Even U.S. President Barack Obama recently joked with

Canada's new Prime Minister Justin Trudeau - who is about a decade younger than Obama - about how a country's top office can speed up aging. Obama advised Trudeau he should start dying his hair to avoid going grey.

Jena said Trudeau - who is a keen outdoorsman - might fare better than expected.

"Someone like him, who is fit, may be in a better starting position than others," he said.

"The years could be kinder to him." THE ASSOCIATED PRESS

## MIDDLE EAST

### Several nations back Saudi Arabia against terrorism

Saudi Arabia said Tuesday it has lined up most of the Arab world, NATO member Turkey and several African and Asian countries behind a vaguely defined "Islamic military alliance" against terrorists.

The move allows the kingdom to cast itself as a leader in the fight against extremism. But absent from the alliance are the Shiite-led countries of Iran and Iraq, as well as Syria.

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# Europe border agency plan

## MIGRANT CRISIS

### Budget of \$260 million proposed for organization

The European Commission has unveiled a controversial plan for a European border guard agency that would deploy to member states overwhelmed by migrants — whether those nations want it or not.

The new agency would have a standing reserve force of at least 1,500 border guards that could be sent to EU border checkpoints within three days, rather than relying on time-consuming calls to nations for volunteers during emergencies.

"This is a safety net, which like all safety nets, we hope will never need to be used," European Commission Vice-President Frans Timmermans told EU lawmakers on Tuesday.

The plan is contentious be-

# 920K

Number of people who have entered the EU this year, 720,000 in Greece alone. National border guards have struggled with the influx.

cause it requires countries to surrender some of their sovereignty — something many have viscerally opposed so far — and it's unclear whether the scheme will win enough backing among the bloc's 28 members to pass.

EU leaders will discuss it for the first time at a two-day summit beginning Thursday.

The proposal is just the start of a potentially long and divisive legislative process.

Still, the EU has planned a 2016 budget for the agency of 238 million euros (\$260 million).

According to the International Organization for Mi-



Migrants sit outside a former Olympic indoor stadium in Athens. Hundreds have been housed in the stadium after being removed last week from Greece's northern border with Macedonia.

YORGOS KARAHALIS/THE ASSOCIATED PRESS

gration, more than 920,000 people have entered the EU so far this year. The influx has overwhelmed national border guards and reception capacities, notably in Greece, where

some 770,000 migrants have arrived, most of them from Turkey.

The border and coast guard would monitor EU borders to the outside world — like

Greece's — and have the right to send border guards, ships, planes or other assets when a country is unable or unwilling to enforce border laws.

THE ASSOCIATED PRESS

## NIGERIA

### Shiites targeted: Reports

Police opened fire Tuesday on unarmed Shiite Muslim protesters in the northern city of Kaduna, leaving three dead, the spokesman for Shiites in Nigeria said, as activists accused soldiers of having killed hundreds of Shiites in "a massacre" in a nearby town.

Police spokesman Zubairu Abdullahi denied any killings and said Shiites tried to attack a police station.

"We only repel the sect who attempted to attack our station," he said. "We only used tear gas to disperse them."

Spokesman Ibrahim Musa of the Shiite Islamic Movement in Nigeria said three people were killed and 10 wounded when police shot "peaceful protesters."

They were condemning the mass killings over the weekend and early Monday in Zaria, and demanding the military release their leader, Ibraheem Zakzaky.

THE ASSOCIATED PRESS

## EXPLORATION

# Soyuz successfully docks with space station



Tim Peake, right, hugs Scott Kelly on arrival.

NASA VIA THE ASSOCIATED PRESS

A Russian spacecraft carrying three astronauts from the United States, Britain and Russia docked successfully Tuesday at the International Space Station.

NASA's live broadcast from the Russian Mission Control showed the Soyuz spacecraft mooring at the space outpost at 8:33 p.m. Moscow time about 6 1/2 hours after lifting off from the Baikonur launch pad in Kazakhstan.

The Soyuz TMA-19 M was carrying Russian Yuri Malenchenko, Timothy Kopra of NASA and Briton Timothy Peake, representing the European Space Agency.

After an automatic docking was aborted for an unspecified reason, Malenchenko moved the ship back a bit to assess its systems and then performed a neat docking on manual controls.

Peake, a 43-year-old former army

helicopter pilot, is the first Briton to visit the International Space Station.

The trio will spend six months aboard the space outpost. Already aboard are Russians Sergey Volkov and Mikhail Korniyenko, along with American Scott Kelly.

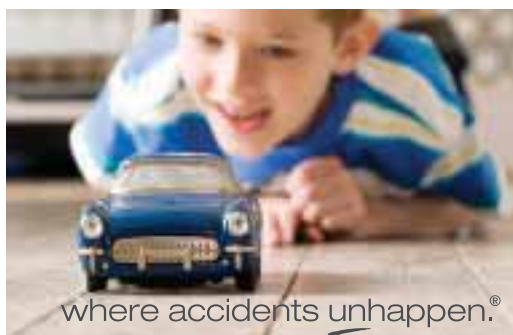
The latter two have been on the orbiting space station since March and are on a yearlong mission.

THE ASSOCIATED PRESS

## IN BRIEF

### Jury deadlocked in trial

Jurors in the trial of Officer William Porter charged in the death of Freddie Gray said Tuesday they were deadlocked, but the judge told them to keep deliberating. Police were stationed around the city ahead of any verdict to prevent the unrest and rioting. THE ASSOCIATED PRESS



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## Home Owner's Scramble For \$3000 Government Subsidy

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**ROMANIA SHEPHERDS STORM PARLIAMENT** More than 1,000 angry shepherds scuffle with riot police Tuesday in Bucharest after breaking through fences to get into the grounds of Romania's parliament. They were protesting a law that limits the number of sheepdogs they can use and bans them from grazing sheep during winter. **THE ASSOCIATED PRESS**

# Debt highest with young people: BoC

## ECONOMY

### Borrowers under 45 years more at risk of income drops

The most-important weak spot in the armour of the country's financial system — climbing household debt — is increasingly concentrated among younger Canadians, the Bank of Canada said Tuesday.

The bank's semi-annual financial system review was released as the economy struggles to build momentum after contracting over the first two quarters of 2015.

Borrowers have helped carry the load for the economy and, as a result, the key vulnerabil-

## \$400B

The share of Canada's household debt held by higher-risk borrowers has risen to 21 per cent or close to \$400 billion from a pre-crisis level of 13 per cent. These households tend to be in British Columbia, Alberta and Ontario.

ity of household debt has continued to rise.

The bank, however, said that while income growth has failed to keep pace with mounting mortgage credit, the chance of household debt becoming a serious problem remains low and is likely to fade as the economy picks up steam. It added that so far there has been little evidence of significant increases in delinquency rates.

Still, the report contained numbers that show the proportion of households in the shaky position of holding debt higher

than 350 per cent of their gross income has doubled to about eight per cent since the 2008 financial crisis. The increase is mostly due to the extended era of low interest rates.

The likelihood that a household would be unable to make its debt payments following an adverse economic event increases significantly when its debt reaches above 350 per cent of gross income, the bank said. Those vulnerabilities have continued to edge higher, Bank of Canada governor Stephen Poloz said. **THE CANADIAN PRESS**

## market minute

	<b>DOLLAR</b>
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**metro**

## BEER SALES

# Rules differ across Canada

Ontario allowed the sale of beer in grocery stores for the first time Tuesday and is still looking at ways to expand wine sales to more private outlets.

The rollout follows a deal with the Beer Store, which will eventually see 450 grocery stores — large and small — sell beer by 2017. **THE CANADIAN PRESS**

### HERE'S HOW ALCOHOL IS SOLD IN OTHER PROVINCES:

#### Newfoundland and Labrador:

Beer is available in convenience stores. Liquor and beer are sold at provincially owned liquor store outlets. Wine is only sold at provincially owned liquor store outlets.

**Alberta:** Beer, wine and spirits are sold in privately owned liquor stores.

**Quebec:** Beer and wine are sold in grocery stores and corner stores. Wine, spirits and select beer are sold in government-run outlets.

#### Saskatchewan:

Beer, wine and spirits are sold at provincially owned liquor stores, rural franchises licensed by the government, and in three privately owned stores. Beer, wine and spirits are also available at "off sales" at bars and restaurants.

#### British Columbia:

Beer, wine and spirits are sold in provincially-owned and private liquor stores. Craft beer can be purchased at the brewery.

#### Manitoba:

There is a mix of government-run and private wine and beer stores. Hotels are allowed to sell beer as licensed vendors, similar to "off sales."

#### Nova Scotia:

Beer, wine and spirits are sold at provincially owned liquor-store outlets. Some beer, wine and spirits are available at some private stores.

## SETTLEMENTS

### N.Y. retailers agree not to sell realistic toy guns

New York's attorney general says 30 online retailers have agreed to stop selling realistic toy guns in New York. The settlements follow July letters to the retailers from across the U.S. who were selling the imitation weapons through an

Amazon.com platform for third-party retailers.

Attorney General Eric Schneiderman says the toys in question violate a New York law against sales in the state. The law requires toy guns sold to be brightly coloured or have coloured striping down the barrel. His investigation found

1,337 were sold in New York City. This summer, retailers including Walmart, Sears, Kmart and Amazon agreed to keep realistic toy guns off their shelves in New York. In November, a Cleveland police officer fatally shot a 12-year-old holding a realistic-looking pellet gun.

**THE ASSOCIATED PRESS**





Your essential daily news

Wednesday, December 16, 2015

**Moove over, sheep**  
Mom was right: Warm milk does promote sleep, says a new study — but more so if it's drawn late at night from sleepy cows.

## URBAN ETIQUETTE ELLEN VANSTONE



**THE QUESTION**  
**When is it OK to say hello in the office men's room? At any other point in my day, I will nod to colleagues. But it seems wrong to greet them when they're actually peeing. Yet it's also a bit weird to ignore them completely.**

Dear Ellen,

This is a delicate problem, summed up in one simple question: When is it OK to say hello in the men's room? I'm talking mainly about the office. At any other point in my day, I will nod a "hello" to colleagues. But, if I encounter them in the staff wash-room, it seems wrong to greet them when they're actually peeing. Some men need to concentrate, so it's probably disruptive to start a conversation. But it also seems weird to ignore them completely. Should I nod at before or after apparel is adjusted? Or wait till the hand-washing stage?

Worried of Toronto

Dear Worried,

I know who you are because you recently approached me in person about this, and I told you to email the question. But your letter has left out the most interesting thing you said in our brief conversation: I.e., that men often pass gas while at the urinal.

I have two things to say about this: 1) Sorry, guys, this does not qualify as multi-tasking; and 2) I was surprised, since women, in my experience, do not do this in public washrooms. Given my ignorance of men's room practices, I will turn to a male expert (as I did previously, in a column about the shy male pee-er): my esteemed editor and final arbiter on all things etiquettical, Matt LaForge.

See Matt's men's room

**Don't "look." You know what I'm talking about.**

Hello my friend!  
I would shake your hand  
but I'm holding my penis.



Art: Castille

guidelines below, along with a few reminders from me for polite patrons of the ladies' room.

**HERS**

Hover craft: If you must crouch above the toilet without touching it while you pee, wipe stray droplets off the seat afterwards.

Timing for stalls: As long as the patriarchy continues to confuse "equality" with an equal number of stalls in male and female washrooms, women will be lining up to pee before, during and after every public event. So when you do finally achieve the bliss of a stall with a working toilet and sufficient tissue, don't dawdle. Your sisters in the lineup snaking out the door are just as desperate to void and exit as you are.

'N sink: Once you've washed your hands, try to find another piece of mirror to check hair, teeth and lips so someone else can squeeze in to wash their hands at the sink.

**HIS**

Worried, not all matters of etiquette are cut-and-dried — and, as final arbiter, I should know — but this one is. The basics are as follows:

When passing a colleague on the way in or out of the men's room, feel free to greet him as if you were in the hallway, on the trading floor, in the grain silo, or on the swing stage (I don't know where you work). When washing or drying your hands next to a colleague, it is, as your letter suggests, perfectly acceptable to greet or even to hazard a conversational salvo. When one or both of you is peeing, however, you should act as if you were a child before about the mid-1980s: Don't speak unless spoken to.

The fellow at the urinal is in a vulnerable state; presume therefore that he would prefer to be left alone. But if his coping mechanism involves compulsively making small talk, reply politely (eye-con-

tact not necessary) even if you would just as soon allow silence to prevail. In all cases, bear in mind etiquette's Golden Rule: The comfort of others takes precedence over yours. If that means subsuming your desire to fill every silence with idle chit-chat, do so. And if that means forfeiting your own desire for quiet so as to indulge a chit-chat artist, then do that.

While we're on the subject, let's get another simple one out of the way. Don't "look." You know what I'm talking about: You're standing there and, for no reason more dubious than the mere fact that ceramic tile isn't much to look at it, you find yourself compelled to, as it were, survey the scene. Refrain. While peeing abreast of another man, colleague or no, act as you would in the presence of someone who's changing or breastfeeding. That is, afford him as much metaphysical privacy as the circumstances allow.

I've heard it suggested, as you no doubt have, that the injunction not to "look" is somehow rooted in homophobia. Nonsense. Any homophobic behaviour that arises as a result of a "looking" incident is separate and distinct from the underlying issue.

The underlying issue, Worried, is that to be seen naked is, in most cases, to be made uncomfortable, and that this is true whether or not the beholder shares a gender with the beheld (for more on this, see the Book of Genesis). Remember that Golden Rule: Take care to recognize another's discomfort and, at a minimum, don't make it worse.

With files from Matt LaForge

**Need advice?**

**Email Ellen:**

scene@metronews.ca

## ROSEMARY WESTWOOD

metroview



**Celebrating feminism and rejecting the label? You're freeloading.**

An elephant walks into a crowded room. "I'm not an elephant!" he declares. "Sure, I have the trunk, tough grey skin and the ivory, but I don't like labels, and I don't consider myself to be an elephant."

No one says anything, for fear of upsetting him, though they recognize the elephant is objectively wrong.

And that's the origin of the "elephant in the room" idiom.

Or not. But it is the tale of the flawed logic of most 40-ish women in Canada.

According to a survey by Chatelaine magazine and Abacus Data — released last week and irritating me ever since — 68 per cent of women 35-45, when asked if they are feminists, said, "No."

Let's suppose that some of those women really don't believe in the equality of the sexes, in which case not being a feminist makes perfect sense.

Let's also suppose that many of those women do in fact believe men and women are equal, in which case they are not making sense at all.

That invites the question: Why would they deny it? In video interviews, many explained they have a distaste for the label.

Labels are often only disliked when they're controversial. These women, presumably, are OK with being called women. They're also OK with being called

40(ish). Obviously, "feminist" isn't so innocuous. These women, it seemed from some of the interviews, don't want the flak. They perhaps don't want to have to explain that "feminist" is not synonymous with "angry man-hater."

And that's cowardly.

Some indicated they feel privileged enough not to need feminism, unlike the thousands of murdered and missing indigenous women, say, who are three times more likely than white women to be victims of violent crime.

And that's selfish.

I will also, finally, charge this: By expecting and lauding the wins made by feminists, while in the same breath rejecting that label, you're freeloading. You're getting all the goods — the push for equal pay, for more women leaders, for the end of harmful masculine and feminine ideals, for shelter from a violent partner should you ever need it — without standing up for the cause that serves you.

I've been told that women respond more to emotions than logic, and also that a woman attracts more bees with honey, so here's the soft pitch: If you come out of the closet, you'll find Justin Trudeau, Aziz Ansari, Beyoncé and Malala Yousafzai waiting for you with open arms.

I'll even throw in a pair of 100 per cent cotton "Feminist" stamped underwear.

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# 5

## FOOD TRENDS FOR 2016

Ready for a taste of 2016? Since we're all tired of hearing about bacon, Brussels sprouts and cauliflower steaks, let's look forward to some of the flavours and foods that will be popping up in the coming year. It's not so much that these foods are radically new. Rather, they are edging toward a critical mass, making them common on restaurant menus and easier to find. **THE ASSOCIATED PRESS**

### Grains and legumes

It all started with quinoa. Now all sorts of crazy grains and legumes (or seeds masquerading as them) have been popping up. We have farro and teff, millet and triticale, not to mention wheat berries and rye berries being cooked and consumed straight up. But there also are other changes in this niche. First, the sprouted phenomenon. Many grains and legumes are being briefly sprouted before being dried and packaged. The result is a slightly sweeter, nuttier flavour. Second — and even more profound — is ease. As in, companies have gotten wise to the fact that more people would eat more legumes if they were easier to prepare. And then there are the flours. No doubt stirred by all the interest in gluten-free foods, many company now produce bean flours, such as black bean flour, fava bean flour and chickpea flour.

### Seaweed

There was a lot of hype this year about researchers growing a new seaweed that supposedly tastes like bacon. But in the meantime we have nori, the seaweed that often is pressed and dried in sheets, then used to wrap maki-style sushi. But it can do much more, and folks are starting to wake up to that. First, try it as an almost calorie-free potato chip substitute. Typically marketed as "seaweed snacks" and sold in single serve packets, these are crispy, salty and addictive. Nori is also being turned into condiments. Combined with sesame seeds and salt, it's called furikake. Or there is the Sea Shakes line of seaweed seasoning blends, which combine kelp, dulse and nori with garlic, lemon peel and rosemary (among many others) with delicious results. Try any of them over roasted vegetables, cooked chicken, rice and other grains.



### Little fish

Two things going on here. First, the trend in seafood is to eat lower on the food chain. It's good for the oceans; it's good for the fishing industry. Second, we've all become enamored with umami (the flavour best described as "savory"), and little fish — and the products made from them — tend to be umami bombs. So expect to see lots of anchovies and sardines, and expect to see them in starring roles.

### Umeboshi plums

These are the fruit of the ume tree (a relative of the rose). They resemble small apricots, but can't be eaten raw. That's why most of them are salted, fermented and dyed red using shiso leaves. The resulting "plums" have an intensely sour-salty flavour that can be weirdly addictive. They usually are sold whole, as a paste or as a vinegar. In traditional Japanese cooking, umeboshi are eaten straight up, or are served inside balls of rice that are wrapped in nori, but I've been seeing umeboshi showing up in unusual places lately. The vinegar is great in marinades and dressings. Try it sprinkled over a bean and quinoa salad with avocado and shrimp.

### Alternative sugars

Avoiding high-fructose corn syrup is getting a little easier, in part because a growing number of soda companies are returning to pure cane syrup. But there also are other changes to the sweetener world. Of particular interest is the growing selection of natural sweeteners made from alternatives to either cane or corn. Agave syrup (also called agave nectar) is the juggernaut here. There also are sweeteners made from coconut (both syrups and granulated), barley, brown rice, dates and apples.

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# Add some kick to your classic latkes



Add some interest to classic latkes with this recipe that calls for chipotle sour cream. THE ASSOCIATED PRESS

## RECIPE

### Purists may not approve; Chipotle for the rest of us

Traditionally, latkes, or potato pancakes, are served with sour cream and/or applesauce. Some people have strong opinions about the applesauce vs. sour cream situation. To mix things up, try a dab of chipotle sour cream atop the latkes. Purists might gasp and turn away ... thus leaving more chipotle sour cream for the rest of us.

These crispy little potato pancakes make a wonderful appetizer or a great side dish all year long. Cooking the pancakes in a combination of olive oil (pure, not pricier extra-virgin) and butter provides such great flavour. But you can use just olive oil if you prefer.

Keep an eye on the heat level as you cook the latkes; you want it high enough to cook up crisp pancakes, but not so high that the oil smokes and turns brown. You also can use vegetable or canola oil, which work just fine.

### Latkes with Chipotle Sour Cream

The shredded potatoes may start to brown, but it won't be noticeable after you cook them.

**Start to finish:** 30 minutes

**Servings:** 4

#### INGREDIENTS

- 2 1/2 pounds Russet potatoes, peeled
- 2 large eggs
- 1/2 cup minced yellow onion
- 1 Tbsp matzo meal or all-purpose flour (optional)
- Kosher salt and ground black pepper
- Olive oil, for cooking (about 1/2 cup)
- 3 tablespoons butter (optional, but recommended)
- 1/2 cup sour cream
- 1 chipotle in adobo sauce, pureed or finely minced
- 1/2 teaspoon lime juice

#### DIRECTIONS

1. Heat the oven to 200 F.

2. Using the shredding disc of a food processor or a handheld grater, grate the potatoes on the large-holed blade or side. Place the grated potatoes in a large bowl, and let them sit while

they release their liquid, about 5 minutes.

3. Meanwhile, in another large bowl, mix the eggs and minced onion. With your hands, grab a handful of the grated potato and squeeze over the bowl to get out as much liquid as possible. Transfer the squeezed potatoes into the bowl with the eggs. Repeat with remaining potatoes.

4. Insert your finger into the liquid left in the potato bowl. You'll feel a firm layer of potato starch at the bottom. Carefully pour off the liquid from the top, then scrape up the starch from the bottom of the bowl and mix it into the egg and potato mixture. This natural starch helps bind together the potatoes. If there is only 1 to 2 tablespoons of starch, you'll also want to blend in the optional matzo meal or flour. Generously season with salt and pepper.

5. In a large skillet (or use 2 large skillets to speed up the process), heat a couple of tablespoons of the olive oil and a teaspoon or so of butter until the butter has melted and the fat is hot. Swirl the pan, and then add the potato

mixture by the spoonful (large or small, as desired). Gently press the mounds into rounds. Cook until golden brown and crisp, 4 to 5 minutes per side. You'll need to keep a close eye on the heat. Too low and they won't brown properly; too high and the oil will smoke.

6. Transfer the latkes to paper towels to drain, then transfer to an oven-safe serving platter. Set the platter in the oven to keep warm, then repeat the process with the remaining latkes, adding oil and butter as needed. Between batches, you also may want to wipe out the pan to remove any bits of latke or if the oil is getting dark.

7. The potatoes will continue to release liquid as they sit. As you get to the bottom of the bowl, just give the potato mixture a quick squeeze before putting it in the hot pan to avoid splattering.

8. While the latkes are cooking, in a small bowl blend together the sour cream, chipotles, lime juice and a pinch each of salt and pepper. Serve the chipotle sour cream with the warm latkes.

THE ASSOCIATED PRESS

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# Make our Syrian newcomers welcome with taste of home

## CUISINE

**This delicious cultural fare puts a new spin on the holidays**

**Theresa Albert**  
For Metro Canada



Newcomers to Canada from Syria are arriving; being interviewed, shuffled to new homes, and invited to Canadian spectacles (like Raptors games) within hours of arrival. So that's the welcome, now how about some comfort food? A taste of home can provide such sustenance and trigger fond memories.

Here are three foods that we Canadians can incorporate into this year's holiday table to add to the collective embrace.

Syrians serve meze rather than appetizers. The table often consists of grilled eggplant blended into a dip, fried artichokes, and cooked turnip



**Eating familiar food is one of the easiest ways to make people feel at home. This is a dish from Reyan, a Syrian restaurant in Toronto.** TORSTAR NEWS SERVICE

marinated in yogurt. Olives and pita round out a mostly vegetable table meant to be shared along with conversation.

Ground lamb and bulgur combine to make kibbeh, which are meatball or sausage-shaped patties. The spices and seasonings are particular to each household but can

include allspice, cumin and mint. These savoury proteins are served with a sauce made from cherries or pomegranate.

Meals sometimes end with pastries called ka'ak, which are made with semolina flour mixed into a dough and stuffed with ground dates, walnuts or pistachios.

This season is all about gathering around food, so why not try something from the plates of our new Canadians?

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food.

## LIQUID ASSETS

# Winter reads need a fine glass of brandy

Though great books on drink can be as difficult to find as a bottle of Barolo for under \$30, 2015 has been a good year for liquid text. Here are three of my suitable for stocking stuffing favourites.

Madeline Puckette and Justin Hammack's *Wine Folly: The Essential Guide to Wine* (\$29.37) is the Internet sensation's first attempt at hard copy. Fun, fresh and loaded with their trademark infographics, it will appeal to both the wine novice and the jaded expert.

Matt Kramer's *True Taste: The Seven Essential Wine Words* (\$21.95) brilliant-

ly dispels the pretentious myths of wine tasting, while, Scott McCallum and Victoria Walsh's *A Field Guide to Canadian Cocktails* (\$20.28) is way more than the history of the Bloody Caesar.

Nothing goes better with a winter read than a warming glass of brandy. Greece's Metaxa 7 Star (\$24.99-\$30.10) gets its super smooth flavour thanks to the addition of some Muscat wine and a secret recipe of herb and floral extracts which sets it apart from all other non-Cognac grape spirits.

PETER ROCKWELL/METRO



## SOCIAL NETWORKS

### Instagram use doubled since 2013

It seems more people are taking artful pictures of what they're eating as Facebook's photo-oriented Instagram service has doubled its reach in the two years since 2013, according to a new report. A Global Web Index analysis

of social media use in 2015 has discovered that 30 per cent of Internet users have Instagram, as compared to 18 per cent in 2013. Those aged between 16-24 tend to spend more time on social networks, 2.68 hours per day, though 25-34 year olds spend 2.16 hours. AFP

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JOHANNA SCHNELLER  
WHAT I'M WATCHING

# The subtle feminism of Supergirl



Cat Grant (Calista Flockhart) spits seen-it-all wisdom at Kara (Melissa Benoist) in Supergirl.

**THE SHOW:** Supergirl, Season 1, Episode 6 (Global/CBS)  
**THE MOMENT:** The Anger Lesson

Snarly media mogul Cat Grant (Calista Flockhart) is schooling her sweet assistant, Kara Danvers (Melissa Benoist), on workplace behaviour. (Cat doesn't know that Kara is Supergirl, who's just learning to use her powers.) "You can't get angry at work if you're a woman," Cat cautions.

"When I worked for Perry White, he once threw a chair through a window. No one batted an eye. If I threw a napkin it would be all over the news."

By episode's end, Supergirl has learned to channel her rage. "I'm not afraid of my anger anymore," she says. "I can use it."

Aww. It's heartening to watch a baby feminist take her first steps. Especially at the knee of Flockhart who, in the late 1990s, played Ally McBeal, a TV It Girl whose miniskirt-feminism (or lack

thereof) was much debated. Now 51, Flockhart spits seen-it-all wisdom at Kara at least once an hour. When Kara objects to the moniker Supergirl, Cat replies, "I'm a girl, your boss, and powerful, rich, hot and smart. If you perceive 'girl' as anything less than excellent, isn't the real problem you?"

When Kara asks how Cat juggles it all, Cat rolls her eyes: "You learn. You can have it all, but not all at once and not right away." OK, it's wildly on the nose. But between the pair of mothers who are too hard on their daughters, and the evil alien aunt, and the female supervillains, a question keeps popping up: Why are women their own worst enemies?

That's worth asking. Supergirl returns to Global TV Jan. 4 at 8 p.m. Watch past episodes at globaltv.com.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

CROUCHING TIGER, HIDDEN DRAGON

## Yeoh reprises role in new sequel filmed in English

Malaysian actress Michelle Yeoh says she has been waiting many years to reprise her role in the 2000 film Crouching Tiger, Hidden Dragon.

The sequel to the supernatural martial arts film, Crouching Tiger, Hidden Dragon: Sword of Destiny, centres around the protection of a legendary sword. It also stars Donnie Yen,

Harry Shum Jr. and Jason Scott Lee.

The original was filmed in Mandarin. The sequel is in English and will be dubbed into Mandarin for its release in China. Yeoh appeared Tuesday at an event in Beijing launching the sequel alongside director Yuen Woo-ping and Natasha Liu Bordizzo, who plays Yeoh's

apprentice.

Crouching Tiger, Hidden Dragon: Sword of Destiny will be released in theatres on Feb. 8 in China and on Feb. 26 in the U.S. on Netflix and in selected theatres.

THE ASSOCIATED PRESS



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### NEW YEAR'S EVE TELECAST

One Direction, Carrie Underwood to ring in 2016

Pentatonix, Macklemore & Ryan Lewis, Nick Jonas and OMI, Alessia Cara, will be ringing in the New Year from Hollywood, Calif., for ABC's telecast of Dick Clark's New Year's Rockin' Eve With Ryan

Seacrest 2016.

One Direction is headlining the West Coast event, while Carrie Underwood is headlining the party in New York's Times Square.

The show will be telecast starting at 8 p.m. Eastern on Dec. 31. THE ASSOCIATED PRESS



# It finally feels good to be a fan again

## THE FORCE AWAKENS

**Forget the recent trilogy and watch like it's 1983 again**



**Colin McNeil**  
Metro | Canada

The last time anyone was this excited about a Star Wars movie, I was 11 years old.

It was 1999 and Episode I: The Phantom Menace had just opened. I went into that theatre a young Star Wars fanatic — the proud owner of a hundred action figures, reciter of dialogue and watcher of VHS tapes. I came out disillusioned. This wasn't my Star Wars.

It looked different, felt different, sounded different.

It was the beginning of a dark time for fans — the prequel years.

I must be a slow learner, because here I am with opening night tickets to The Force Awakens, and I've already picked out my favourite Yoda shirt to wear. After guarding my heart for much of the lead-up to this new film, I admit, I've given it fully to Disney — for better or worse.

Maybe you have too. But if you're

a jaded millennial fan with a voice inside that's crying out to believe all over again, don't be afraid to bring a revised version of Star Wars with you into the theater this weekend.

I want you to party like it's 1983. There are no prequels. Hell, there aren't even any special editions. Han shot first, midi-chlorians aren't a thing, and Darth Vader sure as Sith didn't build C-3PO when he was nine.

I want you to dredge up what it felt like waiting in line outside your neighbourhood Cineplex in 1999, before anyone knew what a Jar Jar Binks was and before we were mauled by flat characters and limping plot lines.

Take it a step further and walk into that theater without the weight of six films and countless TV shows, comics and books on your shoulders.

Remember what Yoda said, "Let go of everything you fear to lose," and let this new story take you where it may.

And if you're brand new to this whole Star Wars thing, now is the time to dive right in.

If we know anything about J.J. Abrams from his captaincy of the Star Trek reboot, it's that he's ready and willing to make this franchise accessible for everyone.

Welcome to the club.



Follow Colin McNeil on Twitter @McNeilColin



Let go of the disappointments of the recent Star Wars movies and watch The Force Awakens with fresh eyes. THE CANADIAN PRESS

**MOVIE RATING**  
by Richard Crouse

**Star Wars: The Force Awakens**

★★★★

There's good news for Star Wars fans. The initials in director J.J. Abrams's name definitely do not stand for Jar Jar. His take on the Star Wars universe does everything the much-maligned prequels did not — that is, it focuses on character and adventure, not treaties or political dealings. The Force Awakens delivers a nostalgic blast while at the same time freshening up the series.

HOW RATING WORKS

★★★★  
★★★  
★★  
★

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# 5 (SPOILER-FREE) THINGS TO EXPECT IN THE FORCE AWAKENS

Yes, we've seen it. Metro had an early viewing of the new Star Wars movie, and it does not disappoint. Here are five things to whet your appetite for the big return to a galaxy far, far away. And don't worry, we won't be ruining it for you. We hate spoilers, too. **MIKE DONACHIE/METRO**



## 1 This ain't no Phantom Menace

The new movie is good. It's really good. This is J.J. Abrams' take on Star Wars, and Jar Jar Binks need not apply. It's a return to the escapist fantasy of the Star Wars universe, with no midi-chlorians. The film isn't perfect — there are discordant moments with unlikely coincidences, or general silliness — but it doesn't matter. Some purists might be left unhappy, but this deserves to be the movie event of the year. It'll make you feel like a kid again.



## 5 Prepare to get emotional

Great movies play with your emotions, and this is one of those great movies. There are so many laugh-out-loud moments, and some tearful ones, too. But, overall, it's just exciting as hell. Practise those blaster and lightsaber noises now, because you're going to hear them a lot and you might as well join in. The pacing of The Force Awakens might be Abrams' greatest contribution to the franchise. He's taken George Lucas' toys and made them fun to play with again. Prepare to jump to lightspeed.



## 2 Yes, you will geek out

The gang's all here, and of course we know that from the trailers. But to see Han Solo and Chewbacca back in action is an absolute joy. The droids are there, too, and just as hilariously annoying. As for Luke and Leia ... just go see it. We can say no more. There are dozens of little references to the old movies, in things people do and say. There are lines to make you grin and objects to recognize, plus a ton of cool new stuff. And nothing will prepare you for the sight of the Millennium Falcon in flight again. Hearts will soar.

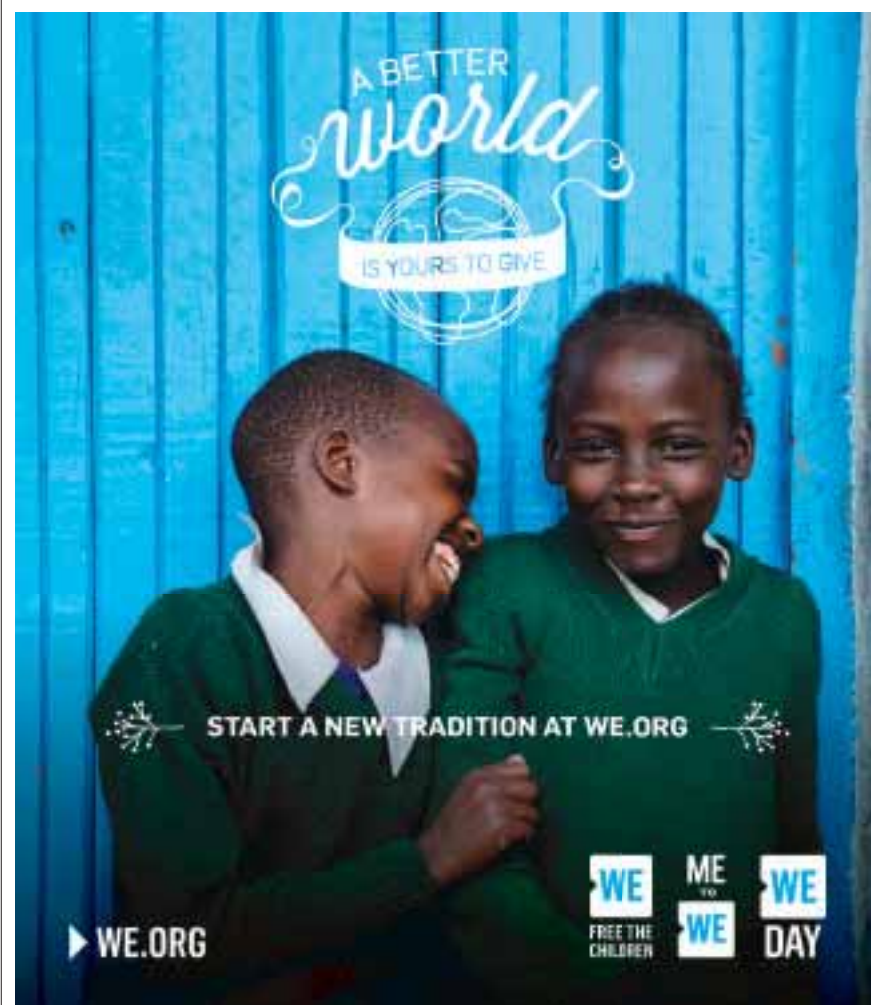
## 3 Rey is the female hero we've been waiting for

The Star Wars franchise has had a bad record with women being left in the background without many lines. This time, though, there's no gold bikini. Instead, there is Rey. Played by Daisy Ridley, this new character is the touchstone of the film. She doesn't need anyone to rescue her, and she's not hanging around waiting for the men to catch up. Rey is a capable, clever, hard-hitting young woman. She's the female character that Star Wars was missing.



## 4 Han Solo is your grandpa now

This guy got old. There's no attempt to hide the fact that Harrison Ford is 73. His face is lined, his movements are sometimes stiff and he talks like a man who's seen too much of life. But it's still Han, wise-cracking, blasting and cheating his way across the galaxy, and to hell with anyone who gets in his way. It's easy to see why Ford agreed to return — this role is one of the defining moments of his career.







## The pursuit of sports car purity



### REVIEW

### Mazda shows how it's done with the now-lighter MX-5

**Mike Goetz**  
For Metro Canada



You have to marvel at how devoted and careful Mazda is with the overall idea of the MX-5 (a.k.a. Miata).

For any of its three previous generation formats, and for this new, fourth-generation format, Mazda could have so easily given the little roadster more powerful engines, more elbow room, more comfy stuff, more of everything basically.

But Mazda has always maintained that the way to have sports car fun is not just about outright speed. It believes it is better to have a sports car that responds to your every command, and thoroughly connects you to the bones of the vehicle, and the contours of the road. In this way, a roadster will always "feel fast" in more driving situations. And this 2016 Mazda MX-5 is brilliantly executed in that manner.

It's more than 100 kg (180 lb) lighter than the previous MX-5, and as compact as the very first Miata.

You experience its willingness to change direction basically every time you change direction, which happens quite often when you think about it. Electric steering replaced hydraulic steering, but still provides awesome feel.

The way you sit in the vehicle,

and the way you interact with all the controls, makes the MX-5's cockpit feel like no other vehicle cockpit on the road. Certainly helping matters is one of the best shifting manual gearboxes in the land, and easy-to-use controls, which seem slightly miniaturized to Miata proportions.

Cabin caveats are the Mazda console controller, which has received mixed reviews from Day 1, and the lack of interior cubbyhole volume. The cubby holes are optimized for smartphones and such — anything chunkier has to go in the trunk.

The trunk is bigger and deeper, but seems less likely to hold golf clubs, if that's a priority.

The convertible top is incredibly easy to put up and down. Effective wind deflectors, and speakers in the headrests, both help top-down motoring.

This car has less horsepower than the previous roadster, but is actually faster. A good dose of midrange torque, and that overall light weight, makes it happen. The 2.0-litre engine is based on the one in the Maxda3, but revs faster, due to a lighter flywheel. Again, it's all about balance; you don't feel the need for more power, because this level of power already delivers and then some, in this lightweight, great-handling package.

Just a final thought on the exterior design. Previous MX-5 models were kind of anti-style, or at least they didn't try too hard to look super cool. This one is trying a bit too hard, me thinks, especially around the rear haunches. But after that I got nothing. I love this car. It's currently right at the top of my Christmas list.

### THE CHECKLIST | 2016 MAZDA MX-5

#### THE BASICS

**Type.** Two-door, two-passenger, RWD, convertible sports car  
**Power.** 155-hp, 2.0-litre I4

**Transmission.** 6-speed automatic, 6-speed manual

**Price.** Base \$31,900 (plus \$1,795 destination)



MIKE GOETZ/FOR METRO

#### COOL FEATURES

- Soft-top can be opened and closed from seating position at a stoplight
- Speakers in the headrests ensure clear audio when the top is down
- Blind spot monitoring and lane departure warning systems

#### POINTS

- More than 100 kg lighter than last (third) generation model, by shaving "grams" wherever possible, and by using lots of aluminum components, including hood and trunk lid
- Engine positioned close to vehicle's centre, for perfect 50:50 front-rear weight distribution
- Trunk volume increased to allow for one pair of carry-on luggage

#### MARKET POSITION

- Affordable, traditional, two-seat convertible sports car. Holds Guinness World Record for the best-selling two-seater sports car.
- Performance and driving enjoyment through light weight and simplicity
- Fun and sporty, but also makes a great, fuel-efficient, state-of-the-art commuter

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# 'Made in Ghana' initiative revs up

## LOCAL SOURCING

## Kantanka cars could put West African nation on the map

Japanese Toyotas, German Mercedes and BMWs, and GM cars and trucks from the U.S. are driven in countries around the world. But in Ghana, an inventor and church leader who started out trying to make voice-controlled television sets is telling the auto giants to move over.

Kwadwo Safo Kantanka — nicknamed the “Apostle” because he also runs a network of churches — has finally realized his dream of developing and marketing cars “Made in Ghana.”

"It's been in the pipeline since 1971," Kwadwo Safo Jr., one of the inventor's sons, told AFP. "It started with the old man, so it's been a long time coming."

Kantanka's range of sports utility vehicles and pickup trucks have got Ghana talking on social media, thanks in part to an advertising campaign using local movie and music stars.

The sticker price of the vehicles run from \$18,000 to \$35,000 — out of range for most people in Ghana. But a cheaper saloon car is expected to go on sale next year.

The locally made vehicles are entering a tough market, going up against established brands in a country that sees about 12,000 new and 100,000 second-hand cars imported every year.

But the inventor's son, who is chief executive of the Kantanka Group, is confident the demand is there and the firm can hold its own in the competition.

"Already we have certain companies in Ghana who have come

to make certain outrageous orders for huge numbers that we have to meet. So, we are working," he said, without giving any specifics.

## Buy local

Ghana's President John Dramani Mahama has been pushing his compatriots to buy locally to boost a stuttering economy hit by inflation, a depreciating currency and high public sector debt.

In 2014, he showed off a pair of Ghana-made shoes during his annual state of the nation address and criticized the lack of appreciation of locally made goods and over-reliance on imports.

**“We must believe in the Ghanaian just like Toyotas and Hyundais.... They all started from scratch. Who knows? Kantaka could be the next Toyota.”**

Murtala Mohammed, who  
lives in Accra

He noted that some \$1.5 billion was spent in foreign currency on items such as rice, sugar, cooking oil, tomatoes and fish — all money “which could have gone into the pockets of Ghanaian entrepreneurs,” he said.

"Any important items we buy as Ghanaians constitutes an export of jobs in this country, especially in respect of the items for which we have comparative advantage to produce," he said at the time.

For Kantanka some key components such as glass, tires and brake callipers are imported.

AFP was told on a visit to the company's technology research centre west of Accra last year.

But local sourcing is a key component of Kantanka's vehicles, whose radiator grilles feature Ghana's five-pointed star emblem.

Wood from Ghanaian forests is used to make dashboards while the cream-coloured leather seats in the black SUV were made in the country's second-

biggest commercial city, Kumasi.

Akan — a language widely used in Ghana — is written alongside English on the electronics.

## The road ahead

Kantanka's son was adamant about the uniqueness of the cars, which have all been approved for safety by Ghana's Drivers Vehicle Licensing Au-

thority.

The Made in Ghana label means that "if you have any problems with the vehicle, you wouldn't have to import from India or China or America. All the parts are right here and we have a 24-hour service," he said.

Six months ago, Ghana's police service received one of the pickup trucks, potentially paving the way for other government agencies to place orders.

Kantanka Jr. is upbeat about the way ahead.

"The future of Kantanka for the next 10 years is to try as much as possible to increase our lines," he said.

On the next three lines, he said, "we intend to increase by next year January, February and add two more lines to it. We intend to go into more lines like buses, minivans and all that." AFP

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**A Kantanka car at the Apostle Safo Technology Research Centre in Gomoa Mpota, Ghana.** CHRIS STEIN/AFP

# Families that race together, stay together

## *Speedworld offers a different way to spend time together*

With the holidays coming up, schedules are full, but it always pays to make a visit to Speedworld, Winnipeg's biggest indoor go-kart track. It's a great opportunity to race off some of that seasonal stress and spend time with family and friends.

"I have two daughters, 13 and nine, and a few years ago I was looking for something to do with them," says Dr. Mario Bovino. "Being a dad I can take them to dance but that doesn't really involve me."

Bovino decided to do something that all three of them would enjoy and it's become a family tradition. The girls have improved their strength and speed in that time, beating out older racers on a regular basis.

"It's kind of funny because you'd see these grown men coming off the track looking at their time and it was like yeah,



CONTRIBUTED

you just got your butt whipped by a 10 year old," Bovino says. "They were wanting to race right away. It took them a bit of

a time, they'd never driven before but kids are quick learners."

After the first winter the Bovinos spent

at the track, his oldest Bianca was beating most of her competitors. It gave the girls a chance to train and develop between summers of racing in Gimli with the Manitoba Go-Karting Association.

"You're starting to see more younger girls than before," Bovino says. "I'll also see couples who come in and it's something the couples can do together. They can race against each other and it's a level playing field."

As a chiropractor, Bovino suggest everyone give karting a try.

"When I talk to patients who are kids of timid drivers, I say you should start going to race," he says. "I think it makes you a lot more of a confident driver behind the wheel and you'll have better awareness of what's going on around you."

But for Bovino, the best part is spending time with his girls, who he knows won't have any trouble passing their driver's test.

Speedworld is open noon to 10 p.m. Sunday, noon to 11 p.m. Monday to Friday, and noon to midnight on Saturday for all your holiday events.



# Speedworld

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# Blues bounce back against Jets

NHL

## Stastny strikes late as St. Louis rally from two goals down

Paul Stastny scored with 3:38 left in regulation as the St. Louis Blues fought back from a two-goal deficit to defeat the Winnipeg Jets 4-3 on Tuesday.

After Jets forward Mark Scheifele hit the post, the Blues moved the puck the other way and Vladimir Tarasenko fed a pass across to Stastny and he put a shot off the post and past rookie goalie Connor Hellebuyck.

Alexander Steen and Tarasenko each scored on the power play and Troy Brouwer also had a goal for St. Louis (18-10-4) while Jake Allen stopped 33 shots. Steen, Tarasenko and Kevin Shat-tenkirk each added a pair of assists.

The loss halted a three-game home winning streak the Jets (14-15-2), who got goals from Scheifele, Chris Thorburn and Drew Stafford. Hellebuyck made 22 saves in his third straight start for Winnipeg.

Tyler Myers and Mathieu Perreault each picked up a pair of assists and Scheifele

TUESDAY at MTS Centre

**4** **3**  
BLUES JETS

added one. Winnipeg had a 3-1 lead in the second period before the Blues mounted their comeback.

The Jets scored with their first shot on goal when Myers' point shot was deflected by Scheifele for his team-leading 12th goal of the season at 4:10 of the first period.

St. Louis tied it 16 seconds into the second period with Brouwer's wrist shot from near the top of the circle. David Backes picked up the assist, extending his season-high point streak to five games with three goals and three assists.

Winnipeg regained the lead on a good effort by Blake Wheeler.

Wheeler missed the net on a break-away shot, but got the puck along the boards and fed a pass to Thorburn, who fired a one-timer by Allen at 5:54 for his fifth of the season.

Stafford made it 3-1 at 8:30 with his 11th of the season, but then Jets forward Adam Lowry was sent to the box for a holding call that drew



The Jets' Ben Chiarot, left, trips up St. Louis's Scottie Upshall, centre as he ends up at the feet of Adam Lowry, right, during second period in Winnipeg on Tuesday. TREVOR HAGAN/ THE CANADIAN PRESS

catcalls from the crowd at MTS Centre.

Steen scored his 11th goal with a long blast straight at Hellebuyck to make it 3-2 at 18:25.

Scheifele then took penalties for roughing and cross-checking and Tarasenko netted his 19th goal of the season at the 51-second mark of the third period to tie the

game.

The Blues went 2 for 3 on the power play and killed off both of Winnipeg's chances with the man advantage. Their penalty kill

is now 20 for 20 in their last nine games. The Jets host the New York Rangers on Friday. St. Louis host Nashville on Thursday.

THE CANADIAN PRESS

WORLD JUNIORS

## Canada down to 27 players, must cut 4

Hockey Canada has the raw materials for its junior team. Now it's time to start putting it together.

Canada's roster of 27 players had their first practice in Imatra, Finland, on Tuesday to prepare for three pre-competition exhibition games this weekend as the coaching staff and Hockey Canada's management team evaluates who will make the final 23-man roster for the world junior hockey championship.

"I think that everyone that

comes to Europe has a chance to make the team," said Ryan Jankowski, director of player personnel for the team. "The job isn't done and that's what we've got three exhibition games for, to help sort that out. That's the week where you see the foundation taking shape."

After a four-day selection camp in Toronto where four players were cut, Canada's junior team now has 15 forwards, nine defencemen and three goaltenders. THE CANADIAN PRESS

HOCKEY

### Canadiens' Price nets Lou Marsh after stellar 2015

Montreal Canadiens goaltender Carey Price says he hasn't built a trophy room in his house yet, even if the awards are starting to pile up.

Price became the first hockey goaltender to win the Lou Marsh Trophy as Canada's top athlete on Tuesday. "I was actually surprised at that because this country's had so many outstanding goaltenders, which speaks volumes of our athletic system in gen-

eral," he said. "We have so many great athletes, year after year, putting up such great performances."

"To be able to top some of those is truly honouring."

Price hit career highs with 44 wins, a 1.96 goals-against average and a .933 save percentage for Montreal in the 2014-15 season. THE CANADIAN PRESS



Carey Price  
THE CANADIAN PRESS

NHL

## Talk of Stamkos excites Leafs' fans

Steven Stamkos returned Tuesday to the city that likes him back.

In the aftermath of a furor over "liking" a tweet about the Maple Leafs pursuing him, the Tampa Bay Lightning captain came to Toronto to face the team many hockey observers have speculated could sign him this summer. Stamkos — who grew up in nearby Markham, Ont., — has said his actions on Twitter, recently and two summers ago, were accidental.

After NBA star LeBron James went "home" to the Cleveland Cavaliers, Stamkos also liked a tweet speculating about him being hockey's version of that.

No matter the intent, Stamkos not having a contract extension with the Lightning is more than enough fuel for speculation about his future.

Stamkos didn't find the net Tuesday but the Tampa Bay Lightning beat the Leafs 5-4 in overtime.

THE CANADIAN PRESS



# Reconsidering the trade that sent Kane packing



THE HOCKEY NEWS

Matt Larkin

The Winnipeg Jets returned young right-winger Joel Armia to their AHL farm club, the Manitoba Moose, and it got me thinking: Armia was a piece of the Evander Kane trade last year. It was an almost universally lauded deal for Winnipeg at the time. Are the Jets still winning it 10 months later?

Winnipeg sent Kane, blueliner Zach Bogosian and goalie Jason Kasdorf to Buffalo in the trade. Losing Kane at all was a positive for the Jets, as he didn't want to be there anymore. Kane told us at THN a few months ago that he asked for a trade out of Winnipeg every year. Injuries have cost him a handful of games again this season. Same goes for Bogosian. Kasdorf, however, has been outstanding with RPI in NCAA Division I, with a .939 save percentage this year.

What about the pieces Winnipeg received? Tyler Myers was a revelation upon arriving last season, rediscovering the form he showed in his Calder-Trophy rookie year. He hasn't been as effective this season, but what Jets blueliner has? He's only 25 and his front-loaded deal means he's relatively inexpensive in real dollars for the next four seasons. Drew Stafford? He was a beast playing with Mark Scheifele last year and has started scoring again in bursts now that he's usurped Nikolaj Ehlers to reclaim the second-line right-wing spot.

The players who really made the deal interesting last season, though? Prospects

Armia and Brendan Lemieux. Armia, a rangy scorer with a James van Riemsdyk-like skill set, hasn't taken off. He had a mere three goals and eight points in 17 AHL games. He's 22, so there's still time, but it'll be five years this spring since Buffalo picked him 16th overall. Armia really needs to show improvement in the New Year. He didn't get into a game during his brief call-up to Winnipeg. Lemieux, still in major junior, is showing more promise, albeit at a lower level. He scored 41 goals in 57 games last year and has ripped 13 in 14 games, including four in three games since being traded from Barrie to Windsor. He did earn a suspension for a hit to the head early in the year, so he's a bit of a loose cannon, but he's at least showing he's a player who can attract a lot of attention, score a lot of goals and change the pace of games.

Lastly, there's centre Jack Roslovic, whom Winnipeg drafted with the first-round pick it received from Buffalo. He was a surprise snub from the U.S. world junior team but has acquitted himself well in his first year of NCAA hockey with Miami Ohio. All in all, it Armia is the biggest question mark of the group, but so far, so good with this trade. The Jets are still winning it handily.

13

Number of goals Jets prospect Brendan Lemieux has scored in 14 Ontario Hockey League games this season.



Tyler Myers was a revelation his first season in Winnipeg. CLAUS ANDERSEN/GETTY IMAGES

LUGE

## Sliders in short supply

Canada's luge team is in flux heading into their home stop on the World Cup.

Veteran Sam Edney is taking the season off to heal nagging injuries accumulated over 16 years of sliding and also to pursue a commerce degree.

Canada's most decorated slider Alex Gough will compete in women's singles Friday in Calgary, but is racing less these days in order to take civil engineering classes.

Arianne Jones, who won bronze in last year's World Cup in Calgary, sat out the first three World Cups this season to heal a serious back injury. Her first race of the season will be Friday at Canada Olympic Park.

The Canadians were stellar on their home track in 2014. Edney won gold, Gough and Jones took silver and bronze respectively, and the doubles team of Justin Smith and Tristan Walker collected a bronze.



Alex Gough

GETTY IMAGES

That performance will be difficult to match in 2015, particularly because of the U.S. team's strong start to the season.

Gough has earned over 20 World Cup and world championship medals since 2010. She was fourth at the 2014 Olympic Games in Sochi, Russia.

The 27-year-old Calgarian came home from Sochi wanting to start planning for life after sport. Now in her second year of balancing school and sliding, her race preparation this week includes writing university exams.

"They're not conflicting with races, which they could," Gough said Tuesday at COP's Ice House. "It's a little stressful until Wednesday at 6:30 and then I'm done and I get to relax and slide."

Gough took bronze in Germany to open this season and then skipped a World Cup in Lake Placid, N.Y., for school. She was second after her first run in Park City, Utah, last Friday, but dropped to sixth because of a mistake on her second pass down the track.

Gough wants to finish her degree in 2016, then prepare for the 2018 Winter Games in Pyeongchang, South Korea.

Edney's absence impacts Canada's relay team. Edney, Gough and Walker and Smith were fourth in Sochi and have won World Cup and world championship medals together.

THE CANADIAN PRESS

### FIFA INVESTIGATION

## Under siege, Blatter vows he will 'not be silenced'

FIFA president Sepp Blatter is "bewildered" by allegations he faces and will go before the FIFA ethics committee on Thursday with "a strong belief in justice."

Blatter writes to 209 FIFA member federations "although I have been suspended I am not isolated and will certainly not be silenced."

Ethics prosecutors want a life ban if charges of corruption are proved in Blatter's authorization of \$2 million in 2011 for UEFA president Michel Platini, whose ethics hearing

is on Friday.

Bans of several years for conflicts of interest are thought more likely.

Blatter says public comments from the FIFA investigation are prejudicial and "dangerous."

He pledges to "continue to fight for my rights," and can appeal to the Court of Arbitration for Sport.

Blatter sent his traditional end-of-year letter on personal headed notepaper instead of FIFA's.

THE ASSOCIATED PRESS



Sepp Blatter (left), Michel Platini. FABRICE COFFRINI/AFP/GETTY IMAGES

### + ALSO CHARGED

Former Honduras President Rafael Callejas and former FIFA vice-president Juan Angel Napout, who was extradited from Switzerland, have pleaded not guilty to charges stemming from the sprawling investigation of bribes and kickbacks involving soccer's governing body.

THE ASSOCIATED PRESS



## RECIPE Orecchiette with Turkey and Broccoli



PHOTO: MAMA YISNEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

chilis (optional)  
• 1 cup chicken stock  
• 1 cup grated Parmesan cheese

### Directions

1. Cook the pasta according to package instructions. Set a timer for 2 minutes before the pasta will be done — at that point you're going to toss in your broccoli.
2. Warm your olive oil in a large skillet over medium heat. Add the turkey, garlic, onion, fennel seeds and chilis. Cook for about 5 minutes, until the meat is browned.
3. Drain the pasta and broccoli and then add them to the skillet. Toss everything together. Add the stock and toss. Serve in a big bowl sprinkled with lots of Parmesan.

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A full meal including greens and protein in a flavorful (and fast) pasta dish.

### Ready in

Prep time: 20 minutes

Cook time: 10 minutes

### Serves 4

### Ingredients

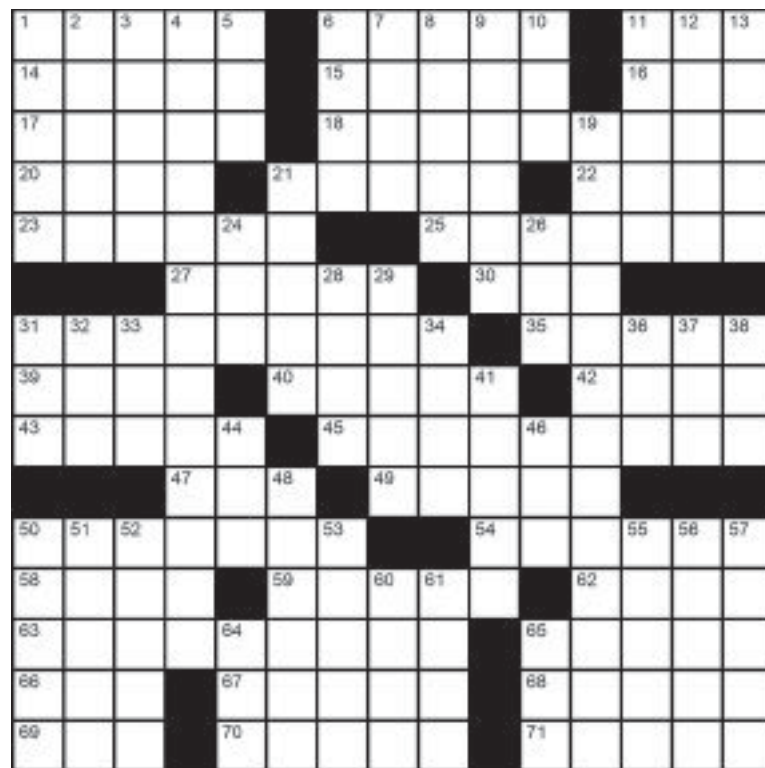
- 1 box (1 lb) orecchiette
- 4 cups of broccoli florets (cut small)
- 3 Tbsp olive oil
- 1 lb ground turkey
- 4 cloves garlic, minced
- 1 onion, chopped
- 1 tsp fennel seeds
- 1/2 tsp crushed dried

## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

1. Baby kangaroo's snug spot
6. Diminish
11. Curvy letter
14. Vietnam's capital
15. Where Khartoum is the capital city
16. "Monster-in-\_" (2005)
17. Gumbo ingredients
18. Rural municipality in the Interlake area of Manitoba
20. Mr. Simon of plays
21. The Divine Comedy writer
22. Perched on
23. Involve, as an audience
25. Paint thinner, for one
27. Cancels/voids
30. Hillary Clinton \_ Rodham
31. Meeting someone gesture
35. Grab \_ to eat
39. Mr. Baldwin
40. "\_\_\_ economy is always beauty." - Henry James
42. Reddish-brown
43. Copper, for one
45. Versatile
47. Ms. Long
49. Alberta village, 'Gateway to the Handhills'
50. Deadlock
54. Canadian boots company since 1910
58. Berth
59. Prices
62. "Look out!" on the golf course
63. South Pacific



- archipelago
65. '47 \_' (2013) starring Keanu Reeves
66. Yore's 'before'
67. Latin for 'Courageous and faithful', \_ et fide
68. Hoity-\_\_
69. Guitar guru Mr. Paul

70. Writer Ms. Ferber's
71. \_ \_ Sketch

### DOWN

1. Ring a friend
2. Like acorned trees
3. Strip the gear from a ship

4. Winnipeg company specializing in hand-poured candles: 3 wds.
5. "Tarzan and \_ Mate" (1934)
6. Cruising on the ship
7. Intense gym workout feeling

8. Prospector's passages
9. Acquire/assume: 2 wds.
10. Nav. designation
11. Uplift
12. Beauty parlour
13. Used a dustpan
19. Comedian known for his Royal Canadian

- Air Force work and for the hockey player character Big Bobby Clobber: 2 wds.
21. New \_ (India's capital city)
24. Astronaut Mr. Grissom
26. Farm's grassy expanse
28. Ms. Turner
29. Ancient poet of Scandinavia
31. Theatre hog
32. Tavern drink
33. Web
34. \_ Stanley Gardner (Perry Mason creator)
36. Payment promise
37. Beige
38. "The \_" by The Doors
41. Converses
44. Fleur-de-\_\_ [var. sp.]
46. "Macarena" by Los del \_
48. Rise
50. Urge forward
51. Singer/actress Mandy
52. North and South on the globe
53. Reddish-rose dye
55. Ancient Greece column style
56. Sch. subject
57. Where Nairobi is the capital
60. Earth's crust layer
61. \_\_, New Mexico
64. Kilt-wearer's refusal
65. Driver's path, for short

## ★ IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
You will enjoy what happens today, even if others don't. The influence of Uranus in your sign makes it easier for you to accept upheavals and, while Uranus is moving retrograde, to see the positive in negative.

**Taurus** April 21 - May 21  
Someone will find fault with what you do today. Whether or not their comments are fair is beside the point: what matters is that you ignore what they say and carry on.

**Gemini** May 22 - June 21  
There is no point blaming yourself. What has occurred would have happened anyway, so stop beating yourself up and start focusing on things that you can influence.

**Cancer** June 22 - July 23  
Have the confidence to try something different today, something that pushes back the boundaries of what you think of as possible. Where both money and work are concerned take chances you would usually avoid.

**Leo** July 24 - Aug. 23  
You are brimming with confidence. The Sun's journey through Sagittarius is coming to and end but you still believe that anything is possible. And it is!

**Virgo** Aug. 24 - Sept. 23  
The Sun in one of the more sensitive areas of your chart may dampen your plans but in a matter of days your confidence will return and you'll find there is nothing you cannot do.

**Libra** Sept. 24 - Oct. 23  
Don't turn down a promising offer because you're not sure if you're up to the job. You would not have been approached unless people thought you could grow into it quickly.

**Scorpio** Oct. 24 - Nov. 22  
You won't enjoy being put under pressure today but realize that the experience is not so bad. You need to make changes to your working routine and this will confirm it.

**Sagittarius** Nov. 23 - Dec. 21  
What happens today will catch you off guard but being the flexible sort you will quickly recover and turn the situation to your advantage. The Sun in your sign will protect you from harm, so why worry?

**Capricorn** Dec. 22 - Jan. 20  
Keep your more outrageous thoughts to yourself. It's unlikely that others will understand, still less appreciate them. Make allowances for those whose vision does not stretch as wide or as deep as your own.

**Aquarius** Jan. 21 - Feb. 19  
You tend to hang back when you should be pushing your way to the front of the queue. Today will make it easier for you to get noticed — so make the effort.

**Pisces** Feb. 20 - March 20  
If something out of the ordinary occurs don't take it seriously or personally. Sometimes things happen for no apparent reason and there is no point getting worked up about it.

### CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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